

## *Symptoms of Diabetes*

- Feeling tired
- Increased urination
- Increased thirst
- Dry, itchy skin
- Blurred vision
- Slow healing sores
- Frequent infections
- Numbness or tingling in hands or feet

## *Causes of Diabetes*

- Over age 35
- Overweight
- Lack of physical activity
- Family history of diabetes
- High blood pressure
- African American, Hispanic American, Native American, Pacific Islander American, Asian American
- Gestational diabetes

## Resources

### **American Diabetes Association**

Membership information:

**800-232-3472**

To order publications:

**800-232-6733**

National Center:

**703-549-1500** or [www.diabetes.org](http://www.diabetes.org)

### **The American Dietetic Association**

To speak with a dietitian in your area or order free information:

**800-366-1655** or [www.eatright.org](http://www.eatright.org)



**Metro Public Health Dept**  
Nashville/Davidson County

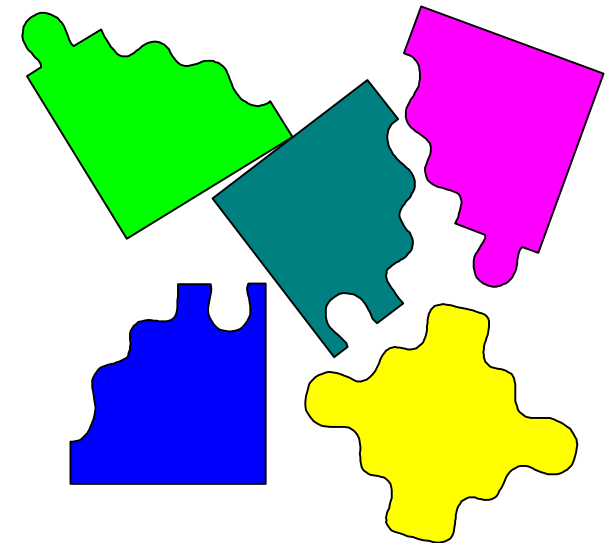
Promoting and Protecting Health



Requests for ADA accommodations should be directed to John Dunn at 340-2219.

## Diabetes Essentials Workshop

# DIABETES GOT YOU PUZZLED?



## *We Can Help*

**Chronic Disease Prevention**  
**Metro Public Health Department**  
**(615) 340-5613**

# Diabetes Essentials — It's a Team Effort!



**We can unlock the  
door to success  
together during our  
One-Day Workshop!**

We are here to educate  
you about diabetes and  
encourage you to take  
an active role in your  
diabetes care.



Educate and Encourage—  
It's all about YOU!

## Topics

- Being Active
- Healthy Eating
- Taking Medicine
- Monitoring
- Problem Solving
- Reducing Risk
- Coping

Call 340-5613 to  
register for the  
**Diabetes  
Essentials  
Workshop**

